

Adult 50+

Centennial Recreation Senior Center

The Centennial Recreation Senior Center provides comprehensive programs and services to older adults 50+ who live in the South County. Offering a "one-stop-shop", the Senior Center offers fitness programs, opportunities for lifelong learning, enrichment programs and social services. Everyone is welcome!

The Senior Center is operated by the YMCA and funded through its many partnerships including the City of Morgan Hill, County of Santa Clara, Friends of the Morgan Hill Senior Center, Sourcewise, The Health Trust, Episcopal Senior Communities and generous contributions from

the community. While it is not a requirement, we ask that those individuals who participate in the program and service offerings at the Senior Center help to support the sustainability of these valuable programs by becoming a Centennial Recreation Senior Center Sustaining Member for \$24 per year. For more information, contact the Senior Center Welcome Desk at 408.782.1284.

171 W. Edmundson Avenue, Morgan Hill, CA 95037
408.782.1284 • www.mhcrs.com - click on "Seniors"

Hours of Operation:

Monday – Friday 8am-3pm

MORGAN HILL SENIOR CAFÉ

The Morgan Hill Senior Café offers delicious weekday lunches to seniors. Seniors who are 60+ are asked to pay a \$3 donation. Individuals who are under 60 pay \$8.00.

Lunches are served at noon Monday through Friday. Please arrive by 11:30am.

Location: Centennial Recreation Center, Multipurpose Room

THE DAILY GRIND

Start the morning right with a cup of coffee and pastries in our comfortable lobby. Sip your coffee, read the newspaper, watch TV, play cards, or just relax and chat.

Location: Centennial Recreation Center, Senior Center Lobby

Date	Day	Time	Age
Ongoing	M-F	8am-3pm	50+
Drop-in: \$0.25 per cup			

Arts, Crafts and More

WATERCOLOR

Painting with watercolor is both fun and challenging at the same time. In this class, you will learn about technique, color, composition, and design. Come, have fun and develop your creativity within.

Instructor: Karen Hegglin

Location: Centennial Recreation Center, Multipurpose Room

Date	Day	Time	Age
Ongoing	M	1pm-4pm	50+

Drop-in: \$8, Monthly pre-pay: \$6 per class

Please provide your own materials.

SCRAPBOOKING AND CROPPING

Are your photos in boxes and needing to be organized? Join other scrapbookers and exchange ideas while creating albums that reflect your favorite memories.

Location: Centennial Recreation Center, Activity Room 2

Date	Day	Time	Age
Ongoing	TH	9:30am-12pm	50+

Drop-in: \$2

Please provide your own materials.

KNITTING AND STITCHERY

Do you enjoy the lovely art of needlework? Now is your chance to knit and stitch with others who love this art! Learn the different types of knitting stitches and how to read a pattern to create a beautiful piece of work. Already know how to knit? Enjoy other types of needlework? Bring your craft and come and share ideas with everyone! Men are welcome!

Instructor: Rebecca Lister

Location: Centennial Recreation Center, Activity Room 2

Date	Day	Time	Age
Ongoing	TH	9:30am-12pm	50+

Drop-in: \$2

ROTATING ART EXHIBIT

Come walk through the halls of the Senior Center and enjoy the talents of our local community artists.

Adult 50+

"A place where older adults thrive as members of a community created for all ages."



www.facebook.com/morganhillseniors

Fitness

PICKLEBALL

Despite its funny name, Pickleball is all the rage with older adults on the East Coast. So, we now have Pickleball in Morgan Hill! Pickleball is a fusion of tennis, ping pong, and badminton. The game is played on a badminton court; however the net is lowered to 3 feet. Play takes place closer to the net than in other racquet sports and players use wooden paddles and a wiffleball. Like tennis, this sport can be played by two or four players.

Location: Centennial Recreation Center, Gymnasium

Date	Day	Time	Age
Ongoing	M	8:30am-11am	All
Lessons for beginners will be taught from 8:30am-9am.			
Resident: \$8 / CRC Member: Free			
Non Resident: \$10 / CRC Member: Free			

TRX LIGHT - NEW

This 45 minute class is designed for those who want to gain strength and increase balance using the TRX straps. This class is ideal for those who are working around an injury, are new to exercise or have limited mobility. The instructor will pay close attention to your form and execution of exercises to ensure you are getting the most effective and safe workout.

Instructor: Diana Marusiak

Location: Centennial Recreation Center, Gymnasium

Date	Day	Time	Age
Ongoing	W	12pm-12:45pm	All
Resident: \$8 / CRC Member: Free			
Non Resident: \$10 / CRC Member: Free			

ZUMBA GOLD

Zumba Gold takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older adult participant, as well as those just starting their journey to a fit and healthy lifestyle. What stays the same are all the elements that Zumba Fitness is known for: The zesty Latin music, like Salsa, Merengue, Cumbia and Reggaeton; the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere. Active older adults will enjoy the camaraderie, excitement and fitness that Zumba Gold has to offer. It's a dance-fitness class that feels friendly, and most of all, is fun!

Instructor: Diana Marusiak

Location: Centennial Recreation Center, Gymnasium

Date	Day	Time	Age
Ongoing	W	10:30am-11:30am	All
Resident: \$8 / CRC Member: Free			
Non Resident: \$10 / CRC Member: Free			

ARTHRITIS FOUNDATION EXERCISE PROGRAM

This exercise program is designed specifically for people with arthritis and uses gentle activities to help increase joint flexibility and range of motion, as well as muscle strength. Class instructors undergo special Arthritis Foundation instructor-training to conduct classes. Participants previously enrolled in the program have experienced such benefits as increased functional ability, decreased pain and decreased depression.

Instructors: Mary Dunn and Trained Volunteers

Location: Centennial Recreation Center, Teen Center

Date	Day	Time	Age
Ongoing	T / F	10am-11am	50+
Drop-in: \$2 / CRC Member: Free			

AQUATIC FITNESS CLASSES

See page 10-11 for class information.

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CHAIR YOGA

A gentle yoga class that focuses on breath awareness, stretching, strengthening and meditation while using the chair to either sit in or stand next to while enjoying the benefits of yoga.

Instructor: Amy McElroy

Location: Centennial Recreation Center, Activity Room 1

Date	Day	Time	Age
Ongoing	T	10:30am-11:30am	50+

Resident: \$8 / CRC Member: Free

Non Resident: \$10 / CRC Member: Free

50+ PILATES

This is a mat-based workout, specially designed for the older adult, which will strengthen and lengthen your muscles, help improve posture, enhance stability, increase core muscle strength, and improve flexibility.

Instructor: Mary Dunn (Mondays, Activity Room 1)

Julie Houle (Thursdays, Aerobics Room)

Location: Centennial Recreation Center

Date	Day	Time	Age
Ongoing	M	10am-11am	50+
Ongoing	TH	2:15pm-3:15 pm	50+

Resident: \$8 / CRC Member: Free

Non Resident: \$10 / CRC Member: Free

50+ YOGA

A class designed for 50+ adults that focuses on stretching, breath awareness and meditation.

Instructor: Yvette Doublet-Weislak

Location: Centennial Recreation Center, Activity Room 1

Date	Day	Time	Age
Ongoing	TH	10am-11am	50+

Resident: \$8 / CRC Member: Free

Non Resident: \$10 / CRC Member: Free

50+ FUNCTIONAL FITNESS

This group exercise class provides a supportive and safe environment to help increase one's strength, flexibility and balance. This class is taught by our fitness specialists with an expertise in working with active older adults. Instruments that will help participants maintain and increase strength, flexibility and balance, include chairs, lightweight handheld dumb bells, resistance tubing and stability balls. Balance exercises may also include extensions of legs from chairs or performing wall squats with the use of a stability ball.

Instructor: Alison J. Macmillan

Location: Centennial Recreation Center, Aerobics Room

Date	Day	Time	Age
Ongoing	M/W/F	1pm-2pm	50+

Resident: \$8 / CRC Member: Free

Non Resident: \$10 / CRC Member: Free

ARTHRITIS FOUNDATION TAI CHI

The Arthritis Foundation Tai Chi Program is a group recreational exercise program designed to provide people of all ages and a wide range of physical abilities with a "joint friendly" exercise alternative. The program uses Sun-Style Tai Chi, one of the discipline's five major recognized styles. This style is particularly supportive of joint health because it includes agile steps, high stances, gentle movements, and relaxed breathing.

Instructor: Mary Dunn

Location: Centennial Recreation Center, Teen Center

Advanced class is held at 9:30am; beginning class is held at 10:30am.

Date	Day	Time	Age
Ongoing	W	9:30am-10:20am(Adv)	50+
Ongoing	W	10:30am-11:20am(Beg)	50+

Resident: \$2 / CRC Member: Free

50+ OUTDOOR WALKING GROUP

Discover the beautiful outdoors of Morgan Hill while walking at a moderate pace with fellow walkers. Average walk is 2-3 miles.

Facilitated by CRC Volunteers. Please call the Senior Center Front Desk to confirm time.

Location: Centennial Recreation Center, Senior Center Lobby

Date	Day	Time	Age
Ongoing	M/W/F	7:30am-8:30am	50+
Ongoing	M/W/F	8:30am-9:30am	50+

Drop-in: Free

50+ AEROBICS

Improve your strength, balance, flexibility, and cardio-vascular system with this fun non-impact exercise program. Lively music encourages vigorous group participation, but each person works in his or her own target heart range. Low-impact aerobics is a particularly good way for beginners to get started in an exercise program.

Instructor: Diana Marusiak

Location: Centennial Recreation Center, Gymnasium

Date	Day	Time	Age
Ongoing	T/TH	10:15am-11:15am	50+

Drop-in: \$3 / Free for CRC Members (\$30 punch pass available)

WII BOWLING

Calling all bowlers (and wannabe bowlers)! This video game is so realistic you'll think you're at the bowling alley. Come and enjoy an afternoon of bowling with our large screen and great sound system. It's easy to learn and no prior experience is necessary. Your grandkids will be very impressed!

Location: Centennial Recreation Center, Multipurpose Room

Date	Day	Time	Age
Ongoing	W	12:45pm-3:30pm	50+

Drop-in: Free

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BOCCE BALL —COMING SOON

Soon, the Centennial Recreation Center will have a Bocce Ball court! Thanks to the Rotary Club of Morgan Hill and Paul Swing, our community will have a beautiful oyster bed Bocce Ball court that can be used by our seniors and anyone of any age and ability! This Italian game is similar to lawn bowling and uses softball sized balls that are easy to handle, particularly for those who are no longer able to handle bowling balls. Like the more commonly known game of horseshoes, the main goal is to simply throw or roll your bocce balls closer to a target ball than your opponent's, but like croquet, players can knock each others' balls away from the target.

Location: Centennial Recreation Center, Patio

Date	Day	Time	Age
Ongoing	M-F	8am-3pm	All

Drop-in: Free

Cards and Games

CARD GAMES

Drop in Card Games: includes Bridge, Pinochle, Rummy, 500, and others.

Location: Centennial Recreation Center, Senior Center Lobby

Date	Day	Time	Age
Ongoing	M-F	1pm-3pm	50+

Drop-in: Free

MEXICAN TRAIN DOMINOES — NEW!

Let's connect those dots! Join us for this popular domino game, which got its name from a special optional train that belongs to all players.

Location: Centennial Recreation Center

Date	Day	Time	Age
Ongoing	TH	1pm-3pm	50+

Drop-in: Free

DUPLICATE BRIDGE

Join our large group of Bridge players who pair up with a partner to play the challenging game of Duplicate Bridge.

Facilitator: Winston Stone

Location: Centennial Recreation Center, Multipurpose Room

Date	Day	Time	Age
Ongoing	M	6:30pm-10pm	All
Ongoing	3rd SU	12pm-4pm	All

Drop-in: \$6

BILLIARDS/PING-PONG

Interested in picking up a game of eight or nine ball or catching a quick game of ping-pong? Billiard and ping-pong tables are available for open play during Senior Center hours.

Location: Centennial Recreation Center, Teen Center

Date	Day	Time	Age
Ongoing	M-F	12pm-3pm	50+

Drop-in: Free

500 CARD GAME

Drop in for a fun game of one of America's oldest card games. No experience necessary. Just come, learn a new card game and have a great time!

Location: Centennial Recreation Center, Senior Center Lobby

Date	Day	Time	Age
Ongoing	M-F	10:30am-12pm	50+

Drop-in: Free

TUESDAY NIGHT BINGO AT THE COMMUNITY AND CULTURAL CENTER

This large-scale BINGO program, facilitated by the Friends of the Morgan Hill Senior Center operates throughout the year to raise funds for the sustainability of the Senior Center's programs and services. Games consist of Bingo, pulltabs and flash cards. Snack bar and free coffee are available. Doors open at 4:15pm. Early bird games begin at 5:45pm.

Location: Community and Cultural Center, Hiram Morgan Hill Room

Date	Day	Time	Age
Ongoing	T	6:30pm-9:30pm	18yrs+

Drop-in: \$20 minimum paper buy-in; \$30 electronic paper buy-in

BINGO AT THE SENIOR CENTER

Come and meet new people while enjoying the fun game of BINGO! Winnings consist of donated prizes, no cash.

Location: Centennial Recreation Center, Multipurpose Room

Date	Day	Time	Age
Ongoing	M/W	10:30am-11:30pm	50+
Ongoing	TH	10am-11am	50+

Drop-in: Free

SCRABBLE

Boost your brain power with the challenging and fun game of Scrabble!

Facilitator: Elaine Reimer

Location: Centennial Recreation Center

Date	Day	Time	Age
Ongoing	W	10am-12pm	50+

Drop-in: Free

Member Appreciation and Family Fun Nights at the CRC pool.

Apr 24	4pm-7pm Member Appreciation
Apr 26	7pm-9pm Family Fun Night at the Pool
May 17	9am-12pm Member Appreciation
May 24	7pm-9pm Family Fun Night at the Pool

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Dancing

LINE DANCING

Have you always wanted to learn to Line Dance, but felt intimidated by the large class of those who seemed to already know what they were doing? If so, this is the class for you! Beginner and experienced dancers welcome!

Instructor: Lu Jenner

Location: Centennial Recreation Center, Multipurpose Room

Date	Day	Time	Age
Ongoing	T	1pm-2pm	50+

Drop-in: \$2

MUSIC AND DANCING

Bring your dancing shoes and spend your morning dancing to your favorite songs!

Facilitator: Fred Schulze

Location: Centennial Recreation Center, Multipurpose Room

Date	Day	Time	Age
Ongoing	1st & 3rd F	11am-12pm	50+

Drop-in: Free

Singing, Music and Entertainment

SING-A-LONG

Love to sing? Come and sing with us as we bring out the old favorites.

Facilitator: Denise Melroy

Location: Centennial Recreation Center, Multipurpose Room

Date	Day	Time	Age
Ongoing	2nd & 4th TH	11am-12pm	50+

Drop-in: Free

KARAOKE

Channel your inner Divo or Diva! Grab the mic and sing along to a variety of pre-recorded music favorites, ranging from the 1930s to the 1980s!

Facilitator: Centennial Recreation Center Staff or Volunteers

Location: Centennial Recreation Center, Multipurpose Room

Date	Day	Time	Age
Ongoing	3rd TH	11am-12pm	50+

Drop-in: Free

FRIDAY MOVIE MATINEE

Movie lovers will enjoy our Friday movies at the Senior Center. Spend the afternoon relaxing while watching movies on a large movie screen! Contact the Senior Center or refer to the monthly newsletter for a monthly calendar of scheduled movies.

Location: Centennial Recreation Center, Multipurpose Room

Date	Day	Time	Age
Ongoing	1st & 3rd F	1pm-3pm	50+

Drop-in: Free

Photography Programs

PHOTOGRAPHY CLUB

Photographers of all levels of experience and skill are invited to club meetings. If you want to learn more about photography and meet other local photographers, please join us. We are a very social and friendly group that always welcomes guests and new members.

Facilitator: George Ziegler

Location: Centennial Recreation Center, Multipurpose Room

Date	Day	Time	Age
Ongoing	1st W	7pm-9pm	All

Drop-in: \$20 annual dues fee



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Computer Programs

50+ ADULT PUBLIC COMPUTERS

The Centennial Recreation Center provides a quiet room with access to state of the art computers and internet access. Membership is not required.

Location: Centennial Recreation Center, Computer Room

Specified 50+ Adult Only Designated Hours:

Date	Day	Time	Age
Ongoing	M-F	8am-3pm	50+

Drop-in: Free

COMPUTER CO-PILOTS

Come and learn basic computer skills in our state of the art computer center. You don't need any computer skills, just a desire to learn and have fun! Topics include, but are not limited to: beginner computer introduction, keyboarding, learning to use the computer mouse, using the internet, emailing, information filing, the basics of Microsoft Word, the basics of Microsoft Excel and creating mailing labels.

Instructors: Computer Co-Pilot Volunteers

Location: Centennial Recreation Center, Computer Room

Date	Day	Time	Age
Ongoing	W	12pm-3pm	50+

Drop-in: A \$2 donation is requested.

LEARN TO USE YOUR LAPTOP, TABLET OR SMARTPHONE

Do you have a new laptop and you're not sure how to use it to its full potential? So, you bought a tablet or smartphone. Now What? Keep yourself connected by learning how to send and receive text messages, use mobile email and the web, share photos, Skype and download apps. This volunteer facilitated tutorial program will help you to unlock and explore the many features of your laptop or mobile device.

Prerequisites: No experience is necessary. Bring your laptop, tablet computer, or smartphone.

Instructor: Computer Co-Pilot Volunteers

Location: Centennial Recreation Center, Activity Room 1

Date	Day	Time	Age
Ongoing	W	12pm-3pm	50+

Drop-in: A \$2 donation is requested.

Special Services & Interests

SENIOR PRODUCE MARKET

In partnership with Episcopal Senior Communities, the Department of Public Health, and the Health Trust, the YMCA has its very own produce market at the CRC! While the intent is to provide produce that is accessible and affordable to older adults, this market is open for all ages. The market runs all year long with a large selection of seasonal fruits and vegetables. Produce is sold at cost and recipes are available to match the produce of the day.

Location: Centennial Recreation Center, Main Lobby

Date	Day	Time	Age
Ongoing	W	10am-12pm	All

DEMENTIA CAREGIVER SUPPORT GROUP

This group will provide a safe place for family members and friends of dementia patients to share feelings, concerns and information. This group is where you will find support and learn how other people cope with the symptoms and life changes caused by dementia, Alzheimer's disease and other related disorders.

Instructor: Tiffany Mikles, Dementia Care Coach

Location: Centennial Recreation Center, Activity Room 1

Date	Day	Time	Age
Ongoing	1st F	2pm-3:30pm	All
Ongoing	3rd T	6pm-7:30pm	All

Drop-in: \$5

CASE MANAGEMENT

Our Case Manager helps coordinate and monitor services and resources that older adults and their caregivers need to promote independent living and safety at home. Case management services are provided to Morgan Hill, San Martin, and Gilroy residents. Contact the Senior Center front desk to schedule an appointment.

Location: Centennial Recreation Center

Date	Day	Time	Age
Ongoing	M/W/TH	9:30am-2:30pm	60+

By appointment: Free

Location: Gilroy Senior Center

Date	Day	Time	Age
Ongoing	T/F	9:30am-2:30pm	60+

By appointment: Free

FREE HEARING SCREENING AND HEARING AID CLEANING

You might be a little surprised to know that the typical person with hearing loss waits over five years to see a health care professional for an evaluation. Well now you can have your hearing checked conveniently and at no charge by a local licensed Hearing Instrument Specialist from Miracle Hearing Center. Appointments are held and scheduled at the Centennial Recreation Senior Center. Free otoscopic exams and hearing aid check-ups can also be arranged.

Location: Centennial Recreation Center, Activity Room 2

Date	Day	Time	Age
Ongoing	2nd T	10:30am-12pm	50+

Advance appointment required

Drop-in: Free

HEALTH INSURANCE COUNSELING

Counselors will assist seniors and their families understand and evaluate the confusing array of insurance options. Counselors assist seniors with comparison charts, insurance plan benefits, cost and limitations, claim or benefit denials and other billing problems. Sourcewise is not affiliated with any insurance company and offers unbiased information solely to aid seniors in making informed decisions about coverage.

Location: Centennial Recreation Center, Activity Room 2

Date	Day	Time	Age
Ongoing	2nd & 4th F	9am-12pm	60+

Advance appointment required

Drop-in: Free

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SENIOR ADULT LEGAL ASSISTANCE

Free legal assistance for Santa Clara County residents 60+ with problems pertaining to Social Security, Medicare, Medi-Cal, mobile homes, elder abuse and housing.

Location: Centennial Recreation Center, Activity Room 1

Date	Day	Time	Age
Ongoing	1st T	1:30pm-4pm	60+
Ongoing	3rd TH	1:30pm-4pm	60+

Advance appointment required
Drop-in: Free

HAIRCUTS FOR SENIORS

Enjoy being pampered by professional hair stylists and walk away with a fresh new haircut? Cherisse's Hair Salon, voted best hair salon in Morgan Hill and Morgan Hill Chamber of Commerce "Business of the Year 2010", believes in giving back to the community and giving our seniors the latest and greatest in style techniques. Appointments are held and scheduled at the Senior Center.

Location: Centennial Recreation Center

Date	Day	Time	Age
9/16	T	9:30am-11:30am	50+
11/18	T	9:30am-11:30am	50+

By appointment only: \$5

BLOOD PRESSURE SCREENING, BLOOD GLUCOSE AND CHOLESTEROL SCREENING

Facilitated by Sister Rachela of St. Louise Hospital.

Location: Centennial Recreation Center

Date	Day	Time	Age
Ongoing	3rd TH	10:45am-12pm	50+

Drop-in: Free

BLOOD PRESSURE SCREENING

Facilitated by CareMore.

Location: Centennial Recreation Center, Main Lobby

Date	Day	Time	Age
Ongoing	W	10am-12pm	All

Drop-in: Free

COFFEE WITH THE MAYOR

You are invited to join Mayor Steve Tate for coffee and casual conversation. Have a question or thought that you would like to share with the Mayor? Come chat with him over a cup of coffee.

Location: Centennial Recreation Center, Multipurpose Room

Date	Day	Time	Age
Ongoing	One F/month	11:30am-12:30pm	50+

Drop-in: Free

BREATHE CALIFORNIA BETTER BREATHERS CLUB

The Better Breathers Club is designed for people with chronic lung disease such as asthma, emphysema or chronic bronchitis, and their families. This educational program provides the opportunity to learn more about your lung disease through a variety of speakers that can help you breathe easier and improve the quality of your life. This supportive environment offers the chance to share ideas and concerns.

Location: Centennial Recreation Center, Activity Room 1
Facilitated by Breathe California Staff

Date	Day	Time	Age
9/10	W	10am-11:30am	All
11/12	W	10am-11:30am	All

Drop-in: Free

FRIENDS OF THE MORGAN HILL SENIOR CENTER

Friends of the Morgan Hill Senior Center consists of a group of volunteers who are committed to raising funds to sustain, grow and develop Morgan Hill's Centennial Recreation Senior Center. Friends of the Morgan Hill Senior Center is part of the Morgan Hill Community Foundation, a tax-exempt 501c3 public charity focused on improving the quality of life in the greater Morgan Hill region. To learn more about the Friends or how you can volunteer to help raise funds for the Centennial Recreation Senior Center, visit www.fmhsc.org.

OUTREACH TRANSPORTATION

Provides transportation services 7 days per week for seniors who are unable to use public transportation due to a disability. Outreach services may be used to access the Centennial Recreation Senior Center. Contact the Senior Center at 408.782.1284 to obtain an application.

INFORMATION AND ASSISTANCE/SENIOR PEER ADVOCATE

A trained volunteer provides information regarding support services and resources available to South County older adults and caregivers. Facilitated by Donna Weisblatt, Senior Peer Advocate Volunteer

Location: Centennial Recreation Center

Date	Day	Time	Age
Ongoing	T/F	10:30am-12:30pm	50+

Drop-in or by appointment: Free

VOLUNTEER OPPORTUNITIES

Volunteers are our greatest resource. We have many volunteer positions available at the Senior Center and within the larger community. Visit the Senior Center for a listing of available opportunities.

SENIOR CENTER CLASS PASS

Get the best bang for your buck! Purchase a class pass to pay for your drop in classes instead of paying each time you come. Senior Center class passes are available for sale at the Senior Center Front Desk. You will receive 11 \$2 punches, a \$22 value for just \$20 or 11 \$3 punches, a \$33 value for just \$30.